

## Carers Gateway - In Caring Company

### Courses for carers

We have organised a series of different information, awareness and self - management courses for carers following the feedback we have received through our consultation events and one to one meetings. These courses are below. **Please circle any of the events that you would like further information on or would like to attend.**

#### Moving and Handling Course

Do you help the person you care for to move around? Would you like to learn how to reduce the risk of back problems and make moving and handling more comfortable for the person you care for? Or learn more about simple equipment that may be available to make tasks easier for you?

- Thursday 29<sup>th</sup> March, 10:00am- 1:00pm at Knowl Park House, Mirfield
- Wednesday 4<sup>th</sup> April, 10:00am- 1:00pm at The Homestead, Almondbury, Huddersfield.

#### Continance Awareness Course

Would you like to attend a continance awareness session to learn more about continance problems including bowel and bladder issues? You could find out more about the support, services and treatment available for you or the person you care for.

- Wednesday 21<sup>st</sup> March, 10:30am - 1:00pm at the Textile Centre, Huddersfield
- Wednesday 18<sup>th</sup> April, 10:30am - 1:00pm at Woodlands Conference Centre, Ponderosa, Heckmondwike.

#### First Aid Course

Why not learn some basic First Aid techniques to help make you more confident to deal with emergency situations that could occur both in and out of the house?

- Tuesday 24<sup>th</sup> April, 10:00am- 12:00pm at Cleckheaton Town Hall
- Tuesday 15<sup>th</sup> May, 1:30pm- 3:30pm at Gateway to care, Huddersfield.

#### Carers Wellbeing Workshops

We are running a series of wellbeing workshops specifically aimed at how carers can work towards improving their health and wellbeing gradually to lead a fuller and healthier life whilst balancing their caring commitments.

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### **Healthy Eating and Physical Activity Workshop**

Learn how making healthy choices in what we eat can help to improve your physical and emotional health, give you more energy and help you in your caring role.

We will look at the Basic Nutrition Guide, food habits, food diaries and the relationship between food and caring.

### **Physical Activity**

Learn how physical activity can help to improve your physical and emotional health, give you more energy, help to improve your self-esteem and help you in your caring role.

You will learn how to develop a physical activity plan that you will enjoy which doesn't take all day and doesn't involve attending a gym.

- Friday 30<sup>th</sup> March, 10:00am - 1:00pm at Batley Town Hall
- Tuesday 3<sup>rd</sup> April, 10:00am -1:00pm at Holmfirth Civic Hall
- Monday 16<sup>th</sup> April, 10:00am-1:00pm at Huddersfield Town Hall.

### **Carers Emotional Wellbeing Workshop**

A three hour workshop designed to look at how we can manage the emotional changes and stress we may experience in our caring roles, whether we have been caring for a short time or a number of years.

This workshop will look at recognising the signs and triggers that can affect our emotional wellbeing and offers techniques and skills that we can learn and use on a daily basis to improve our wellbeing.

- Tuesday 1<sup>st</sup> May, 10:00am-1:00pm at the Woodlands Conference Centre Ponderosa, Heckmondwike.
- Monday 14<sup>th</sup> May, 10:00am- 1:00pm at Huddersfield Town Hall.

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### **Looking after Me Course**

This is a self-management course for carers. It helps to explore the difficult and positive challenges that come with caring and how to overcome difficult situations and emotions. The course acknowledges how many people become carers suddenly without warning and how this changes the lives of the carer and the person they care for.

The Looking after Me Course also looks at how carers can improve their emotional and physical wellbeing through; changing lifestyles and eating habits, introducing physical activity, improving communication skills, planning for the future and setting goals.

- Looking after Me in Urdu every Friday for seven weeks starting Friday 13<sup>th</sup> April at Dewsbury Health Centre, 10:00am-12:30pm.
- Looking after Me Course every Friday for seven weeks starting Friday 13<sup>th</sup> April at Dewsbury Health Centre, 1:30pm – 4:00pm.

Carers who complete this course can also become volunteer tutors for further Looking after Me courses.

### **Power of Attorney Awareness Sessions**

We are also planning Power of Attorney Awareness sessions to help carers understand:

- what is a Power of Attorney
- why a carer may need a Power of Attorney
- how and where a Power of Attorney can be completed

### **Care cover and support**

If you have care cover concerns or require any support in attending any of the training courses please call Farah Haq on 01484 226050.

Once we have received your returned booking form we will write to you to confirm your place on the training course.

**Further dates for all these sessions will be available soon – look out for these in the next newsletter.**

# Booking Form

If you are a carer why not take part in one of our events? Simply complete the booking form and return it to the Freepost address

Please tick if you will require care cover

## Registration Form

Title: ..... Name: .....

Address: .....

.....

..... Postcode: .....

Tel: ..... E-mail: ..... DOB: .....

### Your Ethnic Group ~ Please tick

A1 White British  B1 Mixed White/Black Caribbean

C1 Indian  Black Caribbean  A2 White Irish

B2 Mixed White/Black African  C2 Pakistani  Black African

A3 White Other  B3 Mixed White/Asian  C3 Bangladeshi

Black Other  Chinese  B4 Any other mixed background

C4 Asian – any other  Any other ethnic group

What is the date of birth of the person you care for: .....

Please tick the disability / illness / condition the person you care for has?

physical disability  learning disability  mental health  older person

Other (Please give details): .....

.....  
The information you provide will be put on the Carefirst Database and kept in the strictest confidence, according to the Data Protection Act 1984 (and the Data Protection Act 1998 from 1st March 2000). Your details will help us monitor how well Carers Gateway is reaching out to carers across Kirklees and identify areas where we can develop our services to meet your needs. The information may be shared with others within Kirklees Council.

Signature .....

Please return the completed form to:

Carers Gateway,

FREEPOST RLTR-YLTL-BRXJ

30 Market Street, Huddersfield HD1 2HG

**NO STAMP REQUIRED!**



# Eye care and visual impairment training for family carers

**This SeeAbility course is hosted by NHS Kirklees and is for family carers of people who have learning disabilities**

**Date:** 23<sup>rd</sup> March 2012

**Time:** 11-3pm

**Venue:** NHS Kirklees, Broad Lea House,  
Bradley Business Park, Bradley Road,  
Huddersfield, HD2 1GZ

**Cost:** Free

## **The course will cover:**

- The prevalence of sight problems
- How people see and use vision
- Identifying sight problems
- The eye test and eye care journey
- Wearing and getting used to glasses
- Common eye conditions and visual impairment
- Practical activities using simulation glasses
- Environments and equipment
- Support for visually impaired people
- Local information and resources

There is a café to buy some lunch or feel free to bring your own

**To book your place or find out more contact:**

Ruth Ingham – 01484 464028

[ruth.ingham@Kirklees.nhs.uk](mailto:ruth.ingham@Kirklees.nhs.uk)